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(54) Title: METHOD FOR PSYCHOTHERAPY AGAINST DEPENDANCE BEHAVIOUR BY COMPLEMENTING RITUALS, BY USE OF GAME DEVICES WITH DYNAMIC VISUAL GAMES (FOR EXAMPLE VIDEO COMPUTER SYSTEMS)		
(57) Abstract		
<p>The method, which the inventor calls reverse ritual therapy, is using computermade reverse (anti) rituals (like playing a film backwards) of the rituals which observation of and participation in create dependency behaviour, as for example smoking, alcohol drinking, using of narcotics, etc (which are like playing the film forwards). The hypothesis is that the hypnosis of the computer reverse rituals will neutralize and eliminate the hypnosis of the dependency creating rituals. Since the human brain, when its lust center is activated, produces human own narcotic, as for example the morphine like endorphines, and since the video computer games (TV-games) cause game lust, the inventor expects that video computer game lust will cause brain's own production of narcotics and in this way, by using of video computer games he wants to create Pavlov reflex between the brain's own narcotics production and lust and the pictures of rejection of the missuse (for example of narcotics) so that every time when the player performs for example a ritual of rejection of narcotics his own brain's lust center will start to produce narcotics and will reward him with lust and pleasure instead of punishment and efforts which most of the other methods suggest and which in most cases the missuser is not capable of. The hypothesis is that the invention will use the body's own lust and pleasure against the destructive lust and pleasure from outside. One strong force from outside will meet an equal strong anti and complementing force from inside.</p>		

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Method for psychotherapy against dependance behaviour by complementing rituals, by use of game devices with dynamic visual games (for example Video Computer Systems).

Using of game devices with dynamic visual games (for instance Video Computer Systems) for psychotherapy against abnormal dependence behaviour (for instance of alcohol, tobacco, narcotics, food, salt, sex, partner, place, crime, objects, stimuli, fast driving, habits, culture patterns, etc) through visual, emotional and repeating programming of the brain with complementing game-ritual in opposite direction (knife back in the sheath) of the ritual which has created the dependency.

The invention belongs simultaneously to the areas toys, educational means and means for psychotherapy against abnormal dependencies of differnt kinds.

The invention is based on a ready developed and very widely used technology, mostly in the household, technology for which the society already has invested large amounts, as for instance Video Computer Systems, Home Computers, video tape recorders etc, which just have to be completed with a new program device (for instance Video pac), a new program or tape recording, for a new certain purpose; psychotherapy against abnormal dependencies of different kinds.

The method is based on entertainment (pleasure) with eventual reward, as in nature in which learning exceedingly is a visual game ritual in entertainment form during which the characters repeat dynamic pictures which they watch in waking or in dreaming. As in nature is the method using a lot of emotions. The entertainment (pleasure), with eventual reward, makes the method sufficiently attractive for children, youths and the majority of adults, for whom entertainment is a stronger motive than duty.

The invention is using electronic game rituals since the rituals in nature are something which communicate with the oldest and most primitive part of the brain which handles rituals and is the part that is most receptive for suggestions and at the same time

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has the strongest influence over the functions of the body. The most developed parts have the strongest resistance against suggestions and at the same time the weakest influence over the functions 35 of the body. In this way, similar to hypnosis, is to different degrees eliminated the ego of the individual, censoring and eventual resistance.

By some examples is better explained the idea of the invention: During the game is the player (patient) trying to take a lighted 40 cigarette from the mouth of a smoker (with whom he identifies) in different situations; to put it out, put it in the packet and to throw the packet back to the shop which sells cigarettes. In this way is the player (patient) performing a neutralizing and complementing ritual which moves in the opposite direction of the ritual 45 which created the dependency behaviour (the base-ritual). The complementing (neutralizing) ritual is a mirror-image of the base-(submission)ritual.

During an other game is the player (patient), during the whole game, trying to brake and reduce the speed to a normal level of a 50 car which drives to fast. In this way is this complementing (neutralising or releasing ritual) neutralizing the subjecting (base-) ritual which is a mirror-image (the car accelerating) to the complementing ritual (the car braking).

In this way is the "free radicals" of the thoughts and emotions 55 becoming bound and neutralized.

Patent claim.

1.

Using of game devices with dynamic visual games (for instance Video Computer Systems) for psychotherapy against abnormal dependency behaviour, for example of alcohol, tobacco, narcotics, food, salt, sex, partner, places, cirme, objects, stimuli, fast driving, habits, culture patterns, etc, by visual, emotional and repeating programming of the brain with a complementing game ritual in opposite direction (on the principle knife back in the sheath) of the base-ritual which created the dependency and subjection.

## AMENDED CLAIMS

[received by the International Bureau on 18 March 1985 (18.03.85);  
original claim 1 amended (1 page)]

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1.

Using of game devices with dynamic visual games (for instance Video Computer Systems) for psychotherapy against abnormal dependency behaviour, for example of alcohol, tobacco, narcotics, food, salt, sex, partner, places, cirme, objects, stimuli, fast driving, 5 habits, culture patterns, etc, by visual, emotional and repeating programming of the brain with a complementing game ritual in opposite direction (on the principle knife back in the sheath) of the base-ritual which created the dependency and subjection ( on the principle knife out from the sheath).



# INTERNATIONAL SEARCH REPORT

International Application No. PCT/SE84/00336

**I. CLASSIFICATION OF SUBJECT MATTER** (If several classification symbols apply, indicate all) <sup>16</sup>  
According to International Patent Classification (IPC) or to both National Classification and IPC. 4

A 63 F 9/22

**II. FIELDS SEARCHED**

Minimum Documentation Searched <sup>4</sup>

Classification System	Classification Symbols
IPC 4 US C1	A 63 F 9/00,22; G 06 F 3/147,153, 15/44; G 09 B 7/00,12 35:21-22; <u>194:9</u> ; <u>364:410-412</u>

Documentation Searched other than Minimum Documentation  
to the Extent that such Documents are Included in the Fields Searched <sup>8</sup>

SE, NO, DK, FI classes as above

**III. DOCUMENTS CONSIDERED TO BE RELEVANT** <sup>14</sup>

Category <sup>9</sup>	Citation of Document, <sup>16</sup> with indication, where appropriate, of the relevant passages <sup>17</sup>	Relevant to Claim No. <sup>18</sup>
X	US, A, 4 028 819 (WALKER) 14 June 1977	1

\* Special categories of cited documents: <sup>16</sup>

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**IV. CERTIFICATION**

Date of the Actual Completion of the International Search <sup>9</sup>  
1985-01-14

Date of Mailing of this International Search Report <sup>9</sup>

1985-01-18

International Searching Authority <sup>1</sup>

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MJ